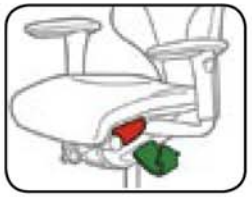
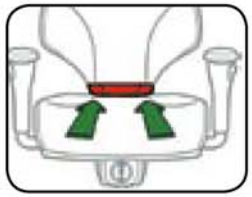
Operating Instructions

SEAT HEIGHT
Lift up left-hand handle. Press down on or remove weight from seat. Seat is locked at which the handle is released.



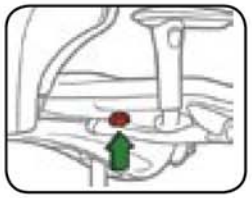
BACKREST RESISTANCE
The strength of the synchro mechanism can be adjusted to the user's weight by turning the knob located under the seat.
[Turn clockwise to increase & anti-clockwise to decrease]

BACKREST HEIGHT
Press the button at the bottom of the backrest and raise or lower to the required position. Release the button to lock.



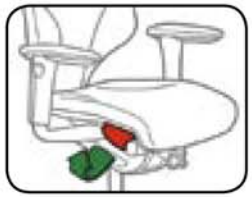
HEIGHT ADJUSTABLE ARM*
Press the button under the arm-rest and slide up or down into the desired position. Release the button to lock.

SEAT DEPTH
Press the button under the seat upwards, slide the seat into the desired position. Release the button to lock in position.

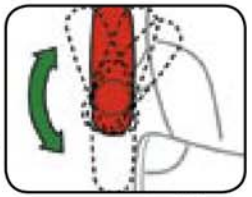


MULTI ADJUSTABLE ARM*
Press the button on the outside of the armrest and slide up or down into the desired position. Release button to lock.

SEAT / BACKREST TILT
Push down the right-hand handle and lean against the backrest to recline the seat back. Lift up the handle to lock in position.



Armpad rotation
The armpads rotate through 5 different positions including 180° backwards if they clash with your desk.



* - If fitted

Setting up your chair

SEAT HEIGHT
Thigh to trunk angle should be 90° or slightly more to help keep your pelvis upright.

BACK HEIGHT
The back lumbar should fit the small of your back to maintain the natural 'S' shape of the spine.

ARMRESTS
The armrests should touch your forearms when your shoulders and elbows are relaxed at your side. This will avoid strain in the neck and upper limbs.

SEAT DEPTH
Your bottom should be at the back of the seat with up to three fingers gap between the front of the seat and behind your your knees. This will ensure adequate thigh support but without obstructing leg movement.

TENSION
Create a feeling of floating [when your feet are off the floor] to encourage improved blood circulation and comfortable changes of posture. The tension should be not too soft so that you instantly recline and not too hard that you can't naturally push back.

Driving your chair

- Even the best ergonomic chairs can't do the job for you.
- Awareness and a little bit of training go a long way.

- Try not to slouch back in your chair or forward over your desk.
- Keep the chair unlocked most of the time.
- Alter your position regularly when typing - try sitting upright for short periods.

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